



North Willamette Valley Habitat for Humanity

Have you ever wanted to build a house? If this has ever been a wish, but was never a wish fulfilled, you have an opportunity to do help build a house with Habitat for Humanity. The North Willamette Valley Habitat Humanity (NWWHfH) is always in need of help. The NWWHfH affiliate was founded in 1986 by Ivo Bauman of Mt Angel. It was the second of 33 affiliates established in Oregon. In the past 24 years, 32 homes have been constructed by volunteers and purchased by local Habitat families: one in Scotts Mills, six in Woodburn, seven in Mt Angel, eleven in Silverton, three in Gervais and four in Canby. This affiliate also serves Aurora, Hubbard, and Molalla. Habitat for Humanity is working to put people in homes. In the United States alone, 95 million people have housing problems, that's one third of the nation. These problems include payments too large a percentage of their income, overcrowding, poor quality shelter and homelessness. Habitat for Humanity is dedicated to providing decent, affordable homes for those in need. Habitat is not a giveaway program. In addition to a down payment and monthly mortgage payments, homeowners invest hundreds of hours of their own labor into building their Habitat house and the houses of others. Habitat for Humanity has proven that building homes does more than put a roof over someone's head. In clean, decent, housing: families can provide stability for their kids, a family's sense of dignity and pride grow and educational and job prospects increase. So if this sounds like something you want to be part of you can call Katy at 503-845-2434 to get involved. There are many ways to share your time besides building houses. So give Katy a call and find out how to help our community through Habitat for Humanity.



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RSVP is a division of the National Senior Corp under the auspices of the Corporation for National and Community Service.

News from North Marion Adult Center

3rd Saturday morning **Breakfasts** are back and one will take place on Oct. 16th. Ham, eggs and hot cakes served from 8:30-11am. **Computer User Group** meets the 1st Tuesday of every month. Next meeting 9/07 at 6:30pm. There is a Senior Health Insurance Benefits Advisor (**SHIBA**) in Woodburn who is trained to help people with insurance issues. Call Barbara Campbell at (503)-981-3109 for an appointment. A nurse practitioner is at the senior center the 2nd and 4th Mondays of the month to take blood pressures. This service is available at other times upon request.

Please call Beverlee Koutny at 503-981-3613 in the afternoons Monday through Friday if you have questions.



Sue Speaks Her Mind

On September 21st, I had the opportunity along with five other Senior Corp Project Directors to present the Governor with a ceremonially check for \$35,100,000.00! This check represented the dollar value of 1,682,520 hours of service the Senior Corps of Oregon contributed to the State. The Senior Corps is made up of the RSVP, Senior Companions, and the Foster Grandparent programs. The Governor Proclaimed the week of September 20-24, 2010 as Senior Corps Week and *"urged citizens to recognize Senior Corps volunteers and programs for their valuable impact on our communities"*. All three of the programs are fund by the Corporation for National and Community Service. There are 28 Senior Corp programs in Oregon, with a total of 8,231 volunteers. The total number of RSVP volunteers through out the State is 7,652 and last year the hours served were 1,168,160. Marion County RSVP is included in the total. Last year you were 351 volunteers who served 62,834 hours. I think these are pretty impressive numbers coming from the Marion County RSVP!! What a great feeling to know such great things are being done in our community by **YOU**, our RSVP volunteers. I would like to personally thank all the hard working volunteers who have made this possible. Thank you and thank you again!



Please Help ...

Volunteers needed: Meals-on-Wheels is always in need of help, kitchen & dining room help and drivers. Monday-Friday meals are delivered. **Dial-a-Ride** is always in need of drivers. Volunteers use their own car to transport clients to medical appointments. Mileage reimbursement is provided. **Woodburn Visitor's Center** at the Company Stores, 3 hour shifts, Sunday-Saturday. Meet new and interesting people from all over the world. Don't forget the **North Marion Adult Center**. If you have a talent and want to share it with others, let Beverlee know. If there is somewhere you want to volunteer, let me know. I can find a match for you. There are many opportunities throughout the county. Call the RSVP office at 503-982-5255 for more

**Autumn is a
season
followed
immediately
by looking
forward to
spring.**



Volunteer Hour Report

By completing & returning this hours reporting form, you allow RSVP to be in place to help other volunteers find their niche. If you volunteer at an actual site, there is probably a timesheet. Be sure to record your hours. If there isn't a timesheet, please use this form & return it to the RSVP office by the 10th of each month. You may also email your hours to: rsvp.woodburn@ci.woodburn.or.us

Your Name: _____

Telephone: _____ Location: _____

Total Hours: _____ Month: _____ 2010

Project : _____ Supervisor's initials _____



Community Information and Education Page

BINGO, BINGO! Tuesday at the Woodburn Grange Hall. Sponsored by WAASP, benefits Senior programs in the community. Doors open at 12 noon, games start at 12:30.



NORTH MARION ADULT CENTER offers a **FOOT CLINIC** first Wednesday of the month 11am-4pm \$20. Call for appointment, 503-982-4531. **CASCADE PARK FOOT CLINIC** is offered the 2nd & 4th Friday of the month. 9am to 12 noon. \$20. Call 503-981-0033.

AARP Driver Safety Program is now located at **North Marion Adult Center**, at the 1st Presbyterian Church 950 N Boones Ferry Rd. Woodburn. Classes will be held **Oct. 12th & 13th 1-5 pm** both days. Must call 503-981-3613 to register.



LIBRARY BOOK CLUB Meets the second Thursday of every month at noon. Feel free to bring your own lunch. The Library will provide coffee, cookies, and soda for everyone. You read the selected book on your own time. On the book club date, come to the library ready to talk about the characters, story, themes, and more. **Oct. 14th: Nineteen Minutes** by Jodi Picoult. Be ready to chat about bullying, friendship and responsibility with us!



News From *Salemtowne*

CENTER 50+ SALEM SENIOR CENTER 2615 Portland Rd. NE, Salem 503-588-6303.

HEALTHY BRAIN CONFERENCE October 2nd. 9:30am-1:00pm. Half day **FREE** conference will address many aspects of good brain health.

AMONG FRIENDS Adult Day Respite Program. Are you caring for a family member or friend with Alzheimer's Disease or related dementia? Who's taking care of you? *Among Friends* Respite Program is now available for you. Take a break on Tuesday, Wednesday, and/or Fridays and do something for yourself. Respite care is temporary, short-term care for an individual with special needs. For information contact Evelyn Ostermann, Respite Coordinator, at Center 50+ 503-588-6303.

CENTER 50+ is a growing, dynamic organization poised to meet the evolving needs of the 50+ population of today and tomorrow. The Center welcomes input from new participants and partners to help develop a center that meets the needs of those 50 and older.

AQUATIC CENTER ACTIVITIES: Water is such a powerful natural element. The pool and spa at the Woodburn Aquatic Center harness that power, providing an environment that is soothing and restorative, as well as just plain fun!

Open Swim: Monday-Friday 1-3:30pm Saturday & Sunday 1-5pm

Lap Swim & Adult Swim: Monday-Friday 5:30am-4pm & 6-8:30pm Saturday & Sunday 1-5pm (2 lanes open)

ARTHRITIS AQUATIC CLASS Tues & Thurs 9:30-10:15 am

HIP FLEXIBILITY Fridays 9-10 am

DEEP WATER FITNESS Mon & Weds & Fri 8-9 am

AQUAROBCICS M/W/F 8-9am and Tue/Thu 6-7pm

DEEP WATER FITNESS M/W/F 8-9 AM **WATER WELLNESS** M/W/F 9:15-10:15am Tue/Thu 8-9am Also Mon-Thu 6-6:55 pm

Support the local **AWARE** food bank. Non-perishable food and monetary donations accepted. Drop-boxes at City Hall, Library and Senior Estates or at AWARE, 680 N. 1st Mailing address PO Box 551 Woodburn, OR 97071.



KEIZER/SALEM AREA SENIORS CENTER 930 Plymouth Dr. Keizer 503-390-7441

PANCAKE Breakfast Saturday Oct. 2nd 8am. All you can eat for \$3.50 **MONDAY** Breakfast 8-10 am. We have a menu. **Dance** Every Friday 9 am. Theme Dance Oct 29th HALLOWEEN. **Foot Clinic:** Thur. Oct. 14th & 21st by appt. 503-390-7441. **AARP Driving Class** Oct. 5th & 7th 12-4pm. Call to register 503-390-7441. **Oct 17th** Oktoberfest **FUNDRAISER DINNER & DANCE** with a Polka Band, \$10. in advance and \$12. at the door. Many activities during the week, call center for details 503-390-7441.



SOUTH SALEM SENIORS 6450 Fairway Salem 503-588-0748

Daily lunch program by Northwest Senior & Disability Services. Lunch served at noon, Monday-Friday. All seniors 60 years and older. Suggested donation of \$2.75. Volunteers always needed. **Foot Clinic**, every Friday, appt needed 9am.





WHAT'S HAPPENING

Out & About is your guide for fall activities. Look for an exciting list of trips for active adults. **All trips leave from Settlemier Park parking lot.** Register for the trips at the Aquatic Center or call 503-981-7946.

Community Services
Woodburn City Hall
270 Montgomery Street
Woodburn, OR 97071

Phone: 503-982-5255
Fax: 503-980-2448
Email:
rsvp.woodburn@ci.woodburn.or.us

RSVP Project Director:



A bridge between those who need and those who give.

We're on the web!

www.woodburn-or.gov/parks

EDDIE MAY'S MURDER MYSTERY DINNER You'll just die laughing while dining and playing with a host of hilarious characters, all part of Eddie May Mysteries, North America's longest running murder mystery dinner theater troupe. A 4-course dinner, gratuity, and show are all included. Saturday, **October 30; 6-10:30pm.** \$80. including transportation, 4-course dinner, show tickets, and gratuity.



WHO'S on THIRD CONCERT DATE DIFFERENT October 24th. Concert will feature Jack Quinby's Fun Time Band. The band is 6 person combo, the musical format is "Dixieland style". They play all of the fun songs that were popular from around 1900 through the 1950's. The concert this month will be Sunday Oct. 24th, the 4th Sunday 3-4:30pm at the UMC at 700 N. Cascade Dr. Woodburn. Come for an afternoon of fun favorites. Remember the free-will offering to cover the cost of this concert.



RSVP

Woodburn City Hall
270 Montgomery Street
Woodburn, OR 97071

**Bulk Rate
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Marion County Retired & Senior Volunteer Program

